

Aquatics

For information about dates of operations, hours of operation, and amenities please visit <http://www.raleighnc.gov/parks> and look under Recreation for Aquatics Programs.

Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay! Children 12 years old or younger must be accompanied by paying adult. All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$10. Private lessons are also available for individuals wanting one on one instruction. Swim lessons for individuals with disabilities are available following the inclusion model. (For more information, contact Tricia Severa 919-996-6213.)

All Pools

(with the exception of Buffalo Road Aquatic Center)

At The Door	Resident	Non-Res
1-12 years	\$2	\$3
13-54 years	\$4	\$7
55 and older	\$3	\$5

Buffalo Road Aquatic Center

At The Door	Resident	Non-Res
1-12 years	\$4	\$7
13-54 years	\$8	\$15
55 and older	\$6	\$11

All Pools

Photo I.D. Pass
may be purchased at all pools.

Punch Passes

Purchased at each pool for 15 swims.
(valid one year-to-date)

	Resident	Non-Res
1-12 years	\$24	\$36
13-54 years	\$48	\$84
55 and older	\$36	\$60

Monthly Pass	Resident	Non-Res
1-12 years	\$18	\$27
13-54 years	\$36	\$63
55 and older	\$27	\$45

Annual Pass	Resident	Non-Res
(valid one year-to-date)		
1-12 years	\$120	\$180
13-54 years	\$240	\$420
55 and older	\$180	\$300

Preschool

Parent and Child Aquatics Level 1

Age: 6mths-3yrs. This class introduces basic skills to parents and children. Parents are taught to safely and appropriately hold their children in the water while preparing and encouraging their children to participate fully and try the skills. These basic skills will lay the foundation to help children learn to swim in the future. The class also introduces water safety topics for parents.

Buffalo Road Aquatic Center

Course Fee: \$40			
#225402	Sep 8-29	Sa	10:10-10:40am
Course Fee: \$55			
#225401	Sep 4-20	T,Th	4:30-5:00pm
#225403	Oct 30-Nov 15	T,Th	4:30-5:00pm
#225404	Dec 4-20	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$38			
#225964	Dec 1-15	Sa	9:30-10:00am
Course Fee: \$40			
#225962	Sep 29-Oct 20	Sa	9:30-10:00am
#225963	Oct 27-Nov 17	Sa	9:30-10:00am
Course Fee: \$55			
#225961	Sep 24-Oct 10	M,W	9:30-10:00am
Optimist Pool – Course Fee: \$40			
#226076	Sep 8-29	Sa	10:10-10:40am
#226077	Oct 13-Nov 3	Sa	10:10-10:40am
#226078	Nov 17-Dec 15	Sa	10:10-10:40am

Parent and Child Aquatics Level 2

Age: 6mths-3yrs. Participants improve on skills from Level 1 parent and child swim lessons and learn more advanced skills to prepare for Level 1 preschool swim lessons. Three-year-olds ready to learn without a parent or caregiver should enroll in Level 1 preschool swim lessons.

Buffalo Road Aquatic Center

Course Fee: \$38			
#225407	Nov 3-17	Sa	10:10-10:40am
Course Fee: \$40			
#225408	Dec 1-22	Sa	10:10-10:40am
Course Fee: \$55			
#225405	Sep 4-20	T,Th	4:30-5:00pm
#225406	Oct 30-Nov 15	T,Th	4:30-5:00pm
#225409	Dec 4-20	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$38			
#225968	Dec 1-15	Sa	10:10-10:40am
Course Fee: \$40			
#225965	Sep 29-Oct 20	Sa	10:10-10:40am
#225967	Oct 27-Nov 17	Sa	10:10-10:40am
Course Fee: \$55			
#225966	Oct 15-29	M,W,F	9:30-10:00am
#225969	Dec 3-19	M,W	9:30-10:00am

Optimist Pool – Course Fee: \$40

#226079	Sep 8-29	Sa	10:50-11:20am
#226080	Oct 13-Nov 3	Sa	10:50-11:20am
#226081	Nov 17-Dec 15	Sa	10:50-11:20am

Preschool Aquatics Level 1

Age: 3-5yrs. Participants learn to enjoy and feel comfortable in the water. Participants gain elementary aquatic skills such as underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. This course has no prerequisites.

Buffalo Road Aquatic Center

Course Fee: \$38			
#225416	Nov 3-17	Sa	10:10-10:40am
#225417	Nov 3-17	Sa	10:50-11:20am
Course Fee: \$40			
#225411	Sep 8-29	Sa	10:10-10:40am
#225414	Sep 8-29	Sa	10:50-11:20am
#225418	Dec 1-22	Sa	10:10-10:40am
#225419	Dec 1-22	Sa	10:50-11:20am

Course Fee: \$55

#225410	Sep 4-20	T,Th	5:10-5:40pm
#225415	Oct 30-Nov 15	T,Th	5:10-5:40pm
#225420	Dec 4-20	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$38			
#225982	Dec 1-15	Sa	9:30-10:00am
#225983	Dec 1-15	Sa	10:10-10:40am
Course Fee: \$40			
#225976	Sep 29-Oct 20	Sa	9:30-10:00am
#225977	Sep 29-Oct 20	Sa	10:10-10:40am
#225980	Oct 27-Nov 17	Sa	9:30-10:00am
#225981	Oct 27-Nov 17	Sa	10:10-10:40am

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Course Fee: \$55				
#225973	Sep 24-Oct 10	M,W	9:30-10:00am	
#225975	Sep 24-Oct 10	M,W	5:10-5:40pm	
#225978	Oct 15-31	M,W	10:10-10:40am	
#225979	Oct 15-29	M,W,F	5:10-5:40pm	
#225984	Dec 3-19	M,W	10:10-10:40am	
#225985	Dec 3-19	M,W	5:10-5:40pm	

Optimist Pool

Course Fee: \$40				
#226082	Sep 8-29	Sa	10:10-10:40am	
#226083	Sep 8-29	Sa	11:30am-12:00pm	
#226085	Oct 13-Nov 3	Sa	10:10-10:40am	
#226086	Oct 13-Nov 3	Sa	11:30am-12:00pm	
#226088	Nov 17-Dec 15	Sa	10:10-10:40am	
#226089	Nov 17-Dec 15	Sa	11:30am-12:00pm	
Course Fee: \$55				
#226084	Oct 9-25	T,Th	5:10-5:50pm	
#226087	Oct 30-Nov 15	T,Th	5:10-5:50pm	
#226090	Dec 4-20	T,Th	5:10-5:50pm	

Preschool Aquatics Level 2

Age: 3-5yrs. Participants must be able to perform the exit skills for Level 1 preschool swim lessons. In Level 2, participants go completely under water while blowing bubbles from their mouths and noses. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotor skills while building on the skills learned in Level 1.

Buffaloe Road Aquatic Center

Course Fee: \$38				
#225424	Nov 3-17	Sa	10:50-11:20am	
Course Fee: \$40				
#225422	Sep 8-29	Sa	10:50-11:20am	
#225425	Dec 1-22	Sa	10:50-11:20am	
Course Fee: \$55				
#225421	Sep 4-20	T,Th	5:10-5:40pm	
#225423	Oct 30-Nov 15	T,Th	5:10-5:40pm	
#225426	Dec 4-20	T,Th	5:10-5:40pm	

Millbrook Pool

Course Fee: \$38				
#225995	Dec 1-15	Sa	10:10-10:40am	
Course Fee: \$40				
#225991	Sep 29-Oct 20	Sa	10:10-10:40am	
#225994	Oct 27-Nov 17	Sa	10:10-10:40am	
Course Fee: \$55				
#225989	Sep 24-Oct 10	M,W	10:10-10:40am	
#225990	Sep 24-Oct 10	M,W	5:10-5:40pm	
#225992	Oct 15-31	M,W	10:10-10:40am	
#225993	Oct 15-29	M,W,F	5:10-5:40pm	
#225996	Dec 3-19	M,W	10:10-10:40am	
#225997	Dec 3-19	M,W	5:10-5:40pm	

Optimist Pool

Course Fee: \$40				
#226091	Sep 8-29	Sa	10:10-10:40am	
#226092	Sep 8-29	Sa	11:30am-12:00pm	
#226094	Oct 13-Nov 3	Sa	10:10-10:40am	
#226095	Oct 13-Nov 3	Sa	11:30am-12:00pm	
#226097	Nov 17-Dec 15	Sa	10:10-10:40am	
#226098	Nov 17-Dec 15	Sa	11:30am-12:00pm	
Course Fee: \$55				
#226093	Oct 9-25	T,Th	5:10-5:40pm	
#226096	Oct 30-Nov 15	T,Th	5:10-5:40pm	
#226099	Dec 4-20	T,Th	5:10-5:40pm	

Preschool Aquatics Level 3

Age: 3-5yrs. Participants must have completed exit skills in Level 2 preschool swim lessons. While building on skills learned in Level 2, participants learn to coordinate simultaneous and alternating arm

and leg actions. Level 3 lets participants master skills without assistance.

Buffaloe Road Aquatic Center

Course Fee: \$38				
#225430	Nov 3-17	Sa	10:50-11:20am	
Course Fee: \$40				
#225428	Sep 8-29	Sa	10:50-11:20am	
#225431	Dec 1-22	Sa	10:50-11:20am	
Course Fee: \$55				
#225427	Sep 4-20	T,Th	5:10-5:40pm	
#225429	Oct 30-Nov 15	T,Th	5:10-5:40pm	
#225432	Dec 4-20	T,Th	5:10-5:40pm	

Millbrook Pool

Course Fee: \$38				
#226005	Dec 1-15	Sa	10:50-11:20am	
Course Fee: \$40				
#226000	Sep 29-Oct 20	Sa	10:50-11:20am	
#226003	Oct 27-Nov 17	Sa	10:50-11:20am	
Course Fee: \$55				
#225998	Sep 24-Oct 10	M,W	10:10-10:40am	
#225999	Sep 24-Oct 10	M,W	5:50-6:20pm	
#226001	Oct 15-29	M,W,F	9:30-10:00am	
#226002	Oct 15-29	M,W,F	5:50-6:20pm	
#226004	Nov 5-28	M,W	5:50-6:20pm	
#226006	Dec 3-19	M,W	9:30-10:00am	
#226007	Dec 3-19	M,W	5:50-6:20pm	

Optimist Pool

Course Fee: \$40				
#226100	Sep 8-29	Sa	10:50-11:20am	
#226101	Sep 8-29	Sa	11:30am-12:00pm	
#226103	Oct 13-Nov 3	Sa	10:50-11:20am	
#226104	Oct 13-Nov 3	Sa	11:30am-12:00pm	
#226106	Nov 17-Dec 15	Sa	10:50-11:20am	
#226107	Nov 17-Dec 15	Sa	11:30am-12:00pm	
Course Fee: \$55				
#226102	Oct 9-25	T,Th	5:50-6:20pm	
#226105	Oct 30-Nov 15	T,Th	5:50-6:20pm	
#226108	Dec 4-20	T,Th	5:50-6:20pm	

Youth

Swim Lesson – Level 1 Intro Water Skills

Age: 6-13yrs. School-age participants learn elementary aquatic skills. This class helps participants enjoy and feel comfortable in the water, learn underwater exploration while opening eyes, blow bubbles and float with assistance. Participants start developing good attitudes and safe practices around the water.

Buffaloe Road Aquatic Center

Course Fee: \$38				
#225451	Nov 3-17	Sa	11:30am-12:00pm	
Course Fee: \$40				
#225449	Sep 8-29	Sa	11:30am-12:00pm	
#225452	Dec 1-22	Sa	11:30am-12:00pm	
Course Fee: \$55				
#225448	Sep 4-20	T,Th	5:50-6:20pm	
#225450	Oct 30-Nov 15	T,Th	5:50-6:20pm	
#225453	Dec 4-20	T,Th	5:50-6:20pm	

Millbrook Pool

Course Fee: \$38				
#226015	Dec 1-15	Sa	9:30-10:00am	
#226016	Dec 1-15	Sa	11:30am-12:00pm	
Course Fee: \$40				
#226009	Sep 29-Oct 20	Sa	9:30-10:00am	
#226010	Sep 29-Oct 20	Sa	11:30am-12:00pm	
#226012	Oct 27-Nov 17	Sa	9:30-10:00am	
#226013	Oct 27-Nov 17	Sa	11:30am-12:00pm	
Course Fee: \$55				
#226008	Sep 24-Oct 10	M,W	5:50-6:20pm	
#226011	Oct 15-29	M,W,F	5:50-6:20pm	
#226014	Nov 5-28	M,W	5:50-6:20pm	
#226017	Dec 3-19	M,W	5:50-6:20pm	

Optimist Pool

Course Fee: \$40				
#226109	Sep 8-29	Sa	10:10-10:50am	
#226111	Oct 13-27	Sa	10:10-10:50am	
#226113	Nov 17-Dec 15	Sa	10:10-10:50am	
Course Fee: \$55				
#226110	Oct 9-25	T,Th	5:50-6:20pm	
#226112	Oct 30-Nov 15	T,Th	5:50-6:20pm	
#226114	Dec 4-20	T,Th	5:50-6:20pm	

Swim Lesson – Level 2 Fundamental Skills

Age: 6-13yrs. Participants must have completed exit skills in Level 1. In Level 2, participants go underwater completely while blowing bubbles from their noses and mouths. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotor skills while building on the skills learned in Level 1.

Buffaloe Road Aquatic Center

Course Fee: \$38				
#225457	Nov 3-17	Sa	11:30am-12:00pm	
Course Fee: \$40				
#225455	Sep 8-29	Sa	11:30am-12:00pm	
#225458	Dec 1-22	Sa	11:30am-12:00pm	
Course Fee: \$55				
#225454	Sep 4-20	T,Th	5:50-6:20pm	
#225456	Oct 30-Nov 15	T,Th	5:50-6:20pm	
#225459	Dec 4-20	T,Th	5:50-6:20pm	

Millbrook Pool

Course Fee: \$38				
#226024	Dec 1-15	Sa	10:50-11:20am	
Course Fee: \$40				
#226020	Sep 29-Oct 20	Sa	10:50-11:20am	
#226022	Oct 27-Nov 17	Sa	10:50-11:20am	
Course Fee: \$55				
#226019	Sep 24-Oct 10	M,W	6:30-7:00pm	
#226021	Oct 15-29	M,W,F	6:30-7:00pm	
#226023	Nov 5-28	M,W	6:30-7:00pm	
#226025	Dec 3-19	M,W	6:30-7:00pm	

Optimist Pool

Course Fee: \$40				
#226116	Sep 8-29	Sa	10:50-11:20am	
#226117	Sep 8-29	Sa	11:30am-12:00pm	
#226119	Oct 13-Nov 3	Sa	10:50-11:20am	
#226120	Oct 13-Nov 3	Sa	11:30am-12:00pm	
#226122	Nov 17-Dec 15	Sa	10:50-11:20am	
#226123	Nov 17-Dec 15	Sa	11:30am-12:00pm	
Course Fee: \$55				
#226118	Oct 9-25	T,Th	6:30-7:00pm	
#226121	Oct 30-Nov 15	T,Th	6:30-7:00pm	
#226124	Dec 4-20	T,Th	6:30-7:00pm	

Swim Lesson – Level 3 Stroke Development

Age: 6-13yrs. Participants must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to coordinate alternating and simultaneous arm and leg actions. Level 3 lets participants perform skills without assistance and learn survival float, elementary backstroke, dolphin and scissor kicks and coordination of the front crawl.

Buffaloe Road Aquatic Center

Course Fee: \$38				
#225464	Nov 3-17	Sa	11:30am-12:00pm	
Course Fee: \$40				
#225462	Sep 8-29	Sa	11:30am-12:00pm	
#225465	Dec 1-22	Sa	11:30am-12:00pm	



Course Fee: \$55
 #225460 Sep 4-20 T,Th 5:50-6:20pm
 #225463 Oct 30-Nov 15 T,Th 5:50-6:20pm
 #225466 Dec 4-20 T,Th 5:50-6:20pm

Millbrook Pool

Course Fee: \$38
 #226031 Dec 1-15 Sa 10:50-11:20am
 Course Fee: \$40
 #226027 Sep 29-Oct 20 Sa 10:50-11:20am
 #226029 Oct 27-Nov 17 Sa 10:50-11:20am
 Course Fee: \$55
 #226026 Sep 24-Oct 10 M,W 6:30-7:00pm
 #226028 Oct 15-29 M,W,F 6:30-7:00pm
 #226030 Nov 5-28 M,W 6:30-7:00pm
 #226032 Dec 3-19 M,W 6:30-7:00pm

Optimist Pool

Course Fee: \$40
 #226125 Sep 8-29 Sa 10:50-11:20am
 #226127 Oct 13-Nov 3 Sa 10:50-11:20am
 #226129 Nov 17-Dec 15 Sa 10:50-11:20am
 Course Fee: \$55
 #226126 Oct 9-25 T,Th 6:30-7:00pm
 #226128 Oct 30-Nov 15 T,Th 6:30-7:00pm
 #226130 Dec 4-20 T,Th 6:30-7:00pm

Swim Lesson – Level 4 Stroke Improvement

Age: 6-13yrs. Participants must have completed exit skills in Level 3. In Level 4 swim lessons, the back crawl and breaststroke are introduced. Endurance is also a key factor for this course. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly.

Buffalo Road Aquatic Center

Course Fee: \$38
 #225514 Nov 3-17 Sa 12:10-12:40pm
 Course Fee: \$40
 #225512 Sep 8-29 Sa 12:10-12:40pm
 #225515 Dec 1-22 Sa 12:10-12:40pm

Course Fee: \$55
 #225511 Sep 4-20 T,Th 6:30-7:00pm
 #225513 Oct 30-Nov 15 T,Th 6:30-7:00pm
 #225516 Dec 4-20 T,Th 6:30-7:00pm

Millbrook Pool

Course Fee: \$38
 #226038 Dec 1-15 Sa 11:30am-12:00pm
 Course Fee: \$40
 #226034 Sep 29-Oct 20 Sa 11:30am-12:00pm
 #226036 Oct 27-Nov 17 Sa 11:30am-12:00pm
 Course Fee: \$55
 #226033 Sep 24-Oct 10 M,W 7:10-7:40pm
 #226035 Oct 15-29 M,W,F 7:10-7:40pm
 #226037 Nov 5-28 M,W 7:10-7:40pm
 #226039 Dec 3-19 M,W 7:10-7:40pm

Optimist Pool

Course Fee: \$40
 #226131 Sep 8-29 Sa 9:30-10:00am
 #226133 Oct 13-Nov 3 Sa 9:30-10:00am
 #226135 Nov 17-Dec 15 Sa 9:30-10:00am
 Course Fee: \$55
 #226132 Oct 9-25 T,Th 7:10-7:40pm
 #226134 Oct 30-Nov 15 T,Th 7:10-7:40pm
 #226136 Dec 4-20 T,Th 7:10-7:40pm

Swim Lesson – Level 5 Stroke Refinement

Age: 6-13yrs. Participants must have completed exit skills in Level 4 swim lessons. In Level 5 swim lessons, participants coordinate and refine all strokes. Flip turns on both front and back are introduced in this course. Endurance and distance are important in this course.

Buffalo Road Aquatic Center

Course Fee: \$38
 #225520 Nov 3-17 Sa 12:10-12:40pm
 Course Fee: \$40
 #225518 Sep 8-29 Sa 12:10-12:40pm
 #225521 Dec 1-22 Sa 12:10-12:40pm
 Course Fee: \$55
 #225517 Sep 4-20 T,Th 6:30-7:00pm
 #225519 Oct 30-Nov 15 T,Th 6:30-7:00pm
 #225522 Dec 4-20 T,Th 6:30-7:00pm

Millbrook Pool

Course Fee: \$38
 #226042 Dec 1-15 Sa 11:30am-12:00pm
 Course Fee: \$40
 #226040 Sep 29-Oct 20 Sa 11:30am-12:00pm
 #226041 Oct 27-Nov 17 Sa 11:30am-12:00pm

Optimist Pool

Course Fee: \$40
 #226137 Sep 8-29 Sa 9:30-10:00am
 #226139 Oct 13-Nov 3 Sa 9:30-10:00am
 #226141 Nov 17-Dec 15 Sa 9:30-10:00am
 Course Fee: \$55
 #226138 Oct 9-25 T,Th 7:10-7:40pm
 #226140 Oct 30-Nov 15 T,Th 7:10-7:40pm
 #226142 Dec 4-20 T,Th 7:10-7:40pm

Swim Team – Intra-City Swim Association

Age: 3-10yrs. Experience competitive swimming in a fun, enjoyable and relaxed environment. Prerequisite: Participants must be able to swim 25 yards unassisted.

Buffalo Road Aquatic Center

Buffalo Road Blue Whales – Course Fee: \$74

Ages 3-10

#225535 Oct 29-Dec 5 M,W 5:15-6:00pm

Ages 11-18

#225536 Oct 29-Dec 5 M,W 6:15-7:00pm

Millbrook Pool

Millbrook Marlins – Course Fee: \$74

Ages 3-10

#226056 Oct 30-Dec 11 T,Th 6:00-6:45pm

Ages 11-18

#226057 Oct 30-Dec 11 T,Th 7:00-7:45pm

Optimist Pool

Optimist Otters – Course Fee: \$74

Ages 3-10

#226149 Oct 29-Dec 10 M,W 6:00-6:45pm

Ages 11-18

#226150 Oct 29-Dec 10 M,W 7:00-7:45pm

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Adult

Adult Fitness Swimming Class

Age: 13yrs and up. This class is for adults who swim for fitness and want to refine their strokes. Some may want to use the benefits of the water to improve their fitness levels, while others may want to participate in a master swimming program or other competitive sports, such as triathlons or open water distance swimming.

Buffaloe Road Aquatic Center

Course Fee: \$46
#225528 Dec 1-22 Sa 12:10-12:50pm
Course Fee: \$61
#225529 Dec 4-20 T,Th 6:30-7:10pm

Millbrook Pool

Course Fee: \$44
#226054 Dec 1-15 Sa 8:40-9:20am
Course Fee: \$46
#226052 Sep 29-Oct 20 Sa 8:40-9:20am
#226053 Oct 27-Nov 17 Sa 8:40-9:20am

Adult Learning the Basics Swim Class

Age: 13yrs and up. This class helps teens and adults overcome their fear of the water and learn the basic skills for a minimum level of water competency. Participants strive for skill and stroke performance, to be able to jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Buffaloe Road Aquatic Center

Course Fee: \$46
#225525 Sep 8-29 Sa 12:10-12:50pm
Course Fee: \$61
#225524 Sep 4-20 T,Th 6:30-7:10pm

Millbrook Pool

Course Fee: \$44
#226048 Dec 1-15 Sa 8:40-9:20am
Course Fee: \$46
#226044 Sep 29-Oct 20 Sa 8:40-9:20am
#226046 Oct 27-Nov 17 Sa 8:40-9:20am
Course Fee: \$61
#226043 Sep 24-Oct 10 M,W 7:10-7:50pm
#226045 Oct 15-Nov 2 M,W,F 7:10-7:50pm
#226047 Nov 5-28 M,W 7:10-7:50pm

Optimist Pool – Course Fee: \$46

#226143 Sep 8-29 Sa 9:20-10:00am
#226144 Oct 13-Nov 3 Sa 9:20-10:00am
#226145 Nov 17-Dec 15 Sa 9:20-10:00am

Adult Refining Swim Strokes Class

Age: 13yrs and up. This class is for teens or adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water.

Buffaloe Road Aquatic Center

Course Fee: \$44
#225527 Nov 3-17 Sa 12:10-12:50pm
Course Fee: \$61
#225526 Oct 30-Nov 15 T,Th 6:30-7:10pm

Millbrook Pool

Course Fee: \$44
#226051 Dec 1-15 Sa 8:40-9:20am
Course Fee: \$46
#226049 Sep 29-Oct 20 Sa 8:40-9:20am
#226050 Oct 27-Nov 17 Sa 8:40-9:20am
Course Fee: \$61
#226055 Dec 3-19 M,W 7:10-7:50pm
Optimist Pool – Course Fee: \$46
#226146 Sep 8-29 Sa 9:20-10:00am
#226147 Oct 13-Nov 3 Sa 9:20-10:00am
#226148 Nov 17-Dec 15 Sa 9:20-10:00am

Water Exercise

Passes can be purchased at any pool. No preregistration is required. This pass allows you to attend any 8 water exercise classes within 1 year. Classes are subject to change. For the most up to date information, brochures with class descriptions, locations and times are available at all pools and online at raleighnc.gov search keyword: water exercise
Raleigh Resident: Adult \$40, Senior \$32
Non-Raleigh Resident: Adult \$52, Senior \$44

Want to try just one class? Single classes can be purchased at the front desk.
Raleigh Resident: Adult \$8, Senior \$6
Non-Resident: Adult \$9, Senior \$7

Class Description

Intensity Scale for all classes: 1-2 (easy), 3 (moderate), 4-5 (high intensity).

Shallow Water Classes

Arthritis Class

(Intensity level 1-2) This class is designed for people with arthritis, fibromyalgia or other conditions that would benefit from a range of motion exercise.

Buffaloe Road Aquatic Center

M,W,F 10:15-11:15am

Current Channel Challenge

(Intensity Level 2-4) Combination use of current channel, water resistance, shallow water area and exercise equipment.

Buffaloe Road Aquatic Center

T,Th 10:30-11:30am

Hydro-Fusion

(Intensity Level 2-4) Designed for all fitness levels, this class offers a variety of continuous exercises to gain muscular strength, coordination, and cardiovascular endurance.

Optimist Aquatic Center

M,W,F 10:00-11:00am
T,Th 9:00-10:00am

Water Walking

(Intensity level 1-2) Basic exercises for range of motion, with long movements and basic cardiovascular workout.

Millbrook Aquatic Center

M,W,F 9:00-10:00am

Optimist Aquatic Center

M,W,F 9:00-10:00am

Deep Water Classes

Intervals

(Intensity level 3) Combination of high and low intensity exercises to keep your heart rate up

Optimist Aquatic Center

M,W,F 8:30am-9:30pm

Power Hour

(Intensity 4-5) Quick, continuous and powerful movements with no impact for the advanced exerciser.

Millbrook Aquatic Center

T,Th 6:00-7:00pm
Sa 8:00-9:00am

